



DEREK S.K. KAWAKAMI, MAYOR
MICHAEL A. DAHLIG, MANAGING DIRECTOR

News Release

For Immediate Release: March 3, 2023

COUNTY OF KAUAI
AGENCY ON ELDERLY AFFAIRS
KEALOHA TAKAHASHI, EXECUTIVE
(808) 241-4470

Self-care, coping workshops set for March 10 and 17

LĪHU‘E – The Agency on Elderly Affairs (AEA) will hold two workshops presented by Dr. Dennis Pezzato, Ph.D., Behavioral Specialist, on March 10 and March 17, the Līhu‘e Civic Center in the Pi‘ikoi Building conference rooms A and B from 1:30 to 2:15 p.m.

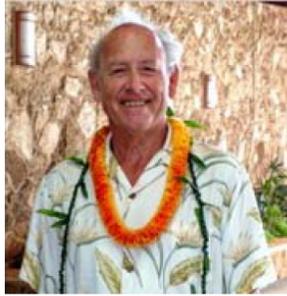
The March 10 workshop will focus on “self-care and coping strategies,” while the March 17 workshop will feature “coping with grief.”

Due to limited seating, please register by calling the Agency on Elderly Affairs at 808-241-4470 or emailing elderlyaffairs@kauai.gov.

Dr. Pezzato serves as a member of the AEA Advisory committee, an AEA consultant and RSVP volunteer. Dr. Pezzato works in caregiver education and support, dementia education and support, stress education, aging, life skills, and personal relationships.

The author of six self-help books and a Caregivers Guide, he also has a YouTube channel with his “Facets of Life” audio series to help deal with life’s challenges and issues.

If you need an auxiliary aid/service or other accommodation due to a disability, please contact the Agency on Elderly Affairs at (808)241-4470 or elderlyaffairs@kauai.gov as soon as possible. Requests made as early as possible will allow adequate time to fulfill your request. Upon request, this notice is available in alternate formats such as large print, Braille, or electronic copy.



IN-PERSON WORKSHOPS
SPONSORED BY:
*County of Kauai
Agency on Elderly Affairs*
PRESENTED BY:
*Dr. Dennis Pezzato, PhD
Behavioral Specialist*

County of Kauai -Piikoi Building Conference Rooms A & B
4444 Rice St., Lihue HI 96766

LIMITED SEATING

Please Call (808)241-4470 to Register

SELF-CARE & COPING STRATEGIES

FRIDAY, March 10, 2023

1:30pm-2:15pm

Self-care can be anything we do to take care of ourselves in order to stay physically, mentally, and emotionally well. Research suggests that self-care can promote positive health outcomes, such as fostering resilience, quality-of-life, longevity, and the ability to cope with life's many challenges. A little time spent on learning self-care techniques and coping strategies, can pay worthwhile dividends.

COPING WITH GRIEF

FRIDAY, March 17, 2023

1:30pm-2:15pm

Grief is an emotional reaction to loss, any loss. It's not always about loss due to death. Any kind of loss can be emotionally traumatic and be a natural cause of grief. Understanding the processes and feelings attached to grief can help us to make the journey more meaningful and less painful in some ways.

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